

Seabee Courier

HOME OF THE ATLANTIC FLEET SEABEES



Vol. 48 No. 21

Naval Construction Battalion Center, Gulfport, Mississippi

November 17, 2011

Outstanding Sailors



The Gulfport Rotary Club presented Sailors attached to Naval Construction Battalion Center (NCBC) Gulfport with plaques recognizing them as Sailors of the Quarter and Year during a luncheon held at the Hancock Bank Building in downtown Gulfport, Nov. 10. From left, Builder 2nd Class Thomas Camara, Junior Area Sailor of the Quarter; Utilitiesman Constructionman Erick Martin, Area Blue Jacket of the Quarter; Master at Arms 1st Class Danielle Metz, Sailor of the Year; and Construction Mechanic 1st Class James Watkins, Senior Area Sailor of the Quarter. Metz was recognized as Sailor of the Year for 2011 and will travel to Jacksonville, Fla., to compete for Regional Sailor of the Year. (U.S. Navy photo by Utilitiesman Constructionman Daneia Johnson/Released)

Transition Benefits: Critical steps to applying for Federal jobs

From DON Office of Civilian Human Resources

The Navy Office of Civilian Human Resources reminds Sailors considering post-Navy career options that those interested in continuing to serve in a civilian capacity should begin preparing for that transition as soon as possible.

There are hundreds of different occupations for civilians with the Department of the Navy (DON) - from aircraft mechanic to zoologist, says Jean Mercer, director of the DON's HR Systems and Business Transformation. Additionally, notes Mercers, the federal job opportunities "literally exist across the globe, from the hills of Tennessee to the deserts of the Middle East. We find that veterans' experience and skills easily transition to one of our many civilian careers."

Before applying for a job, veterans should secure all the necessary documents they need to attach to their federal resume, recommends Mercer. Veterans should retrieve their SMART transcripts to detail their military training and education. These will need to be uploaded with their federal resume.

To obtain SMART transcripts, visit https://www.navycollege.navy.mil/smart_info.cfm. Veterans should also compile information (DD Form 2586) from VMET <https://www.dmdc.osd.mil/appj/vmet/index.jsp>. (a DEERs login is required); and military service record information on awards, medals, ribbons (documented on DD Form 1650/3), service evaluations and letters of commendation.

Before searching for federal jobs, veterans should find out how their military occupational specialty or rating relate to federal civilian jobs. Maryland's mil2fed webpage http://www.mil2fedjobs.com/mil_search.aspx provides a crosswalk of military occupational specialties or ratings to civilian occupations by occupational codes, title, and position type (white collar or blue collar).

The DON's Credentialing Opportunities Online webpage <https://www.cool.navy.mil/> also provides veterans with information on civilian occupations relating to their military occupational specialty or rating, collar- See JOBS page 12

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NBHC Flu Vaccine Health Fair

The Naval Branch Health Clinic will be administering flu shots Nov. 28 - 30, from 8 a.m. - noon and 1 to 2:30 p.m. at the Training Hall. The Health Fair is for active duty family members, retirees and retiree beneficiaries only. For more information, contact the NBHC Immunization Clinic at 228-822-5777.

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Seabees honor Fallen Hero

By MCSN Ryan Riley

Navy Public Affairs Support
 Element West NW Det.

Sailors, veterans and family members gathered for a ceremony to honor the only Navy Seabee to ever receive the Medal of Honor at a Veterans Day ceremony at Gardiner Community Cemetery in Gardiner, Wash. Nov. 11.

The ceremony honored Construction Mechanic 3rd Class Marvin G. Shields who was attached to a Navy Seabee unit constructing an airstrip. He was killed in action in June 1965 in Dong Xaoi, Vietnam.

This year marks the 45th anniversary for the annual memorial service, which is coordinated by the Navy Seabee Veterans of America (NSVA).

"I am speechless by the number of people that would come out to do this," said Joan Shields-Bennett, surviving

wife of Shields. "I am so proud of everybody. I am honored. I know that Marvin is honored, and I hope that we can keep doing this."

During the ceremony, veterans presented Shields' grave with a flower arrangement.

"The ceremony was very moving," said Devin Shermin, a resident in attendance. "It's refreshing to see that our heroes aren't forgotten."

Shields-Bennett said she was grateful to the Seabee community and stressed the importance of honoring service members.

"It isn't just he that should be honored today, but it is all the people who wear the uniform and wore the uniform. It's Veterans Day."

Shields was posthumously awarded the Medal of Honor in 1966 by then-President Lyndon B. Johnson for gallantry during combat.

Editors Note: The NCBC Gulfport Seabee Heritage Center has an exhibit honoring Construction Mechanic 3rd Class Marvin G. Shields. The Heritage Center is open Monday - Friday, 10 a.m. to 4:30 p.m., and Saturdays from 11 a.m. to 3 p.m.

3rd Annual Secret Santa Shopping: The Navy-Marine Corps Relief Society Thrift Shop will hold their 3rd Annual Secret Santa Shopping event Dec. 3, from 10 a.m. - 1 p.m. at the Thrift Shop. Volunteer Elves will help little shoppers select the perfect secret gift for immediate family members (parents, grandparents and siblings). Volunteer Elves will wrap the gifts and have them ready to go under the tree. This event is for children ages 4 and older and open to military and civilian employees and their family members with regular base access. Call 228-871-2610 for more information.

Sailor's Creed

I am a United States Sailor,
 I will support and defend the Constitution of the United States of America and I will obey the orders of those appointed over me,
 I represent the fighting spirit of the Navy and those who have gone before me to defend freedom and democracy around the world,
 I proudly serve my country's Navy combat team with Honor, Courage and Commitment,
 I am committed to excellence and the fair treatment of all.

Skipper's Log

Counting Our Blessings

By Capt. Rick Burgess
 CO/CBC/CMDR 20TH SRG

As Thanksgiving approaches, we all have a multitude of things for which to be thankful. I think Ralph Waldo Emerson put it best:

"For each new morning with its light,
 For rest and shelter of the night,
 For health and food,
 For love and friends,
 For everything Thy goodness sends."



Capt. Rick Burgess

I am thankful for the men and women and their families who make up our Navy Seabee community here in Gulfport. You are what makes Gulfport great! As

you celebrate, please keep all our deployed servicemen and women in your thoughts and prayers. Happy Thanksgiving!

American Indian and Alaska Native Heritage Month

"Our Navy recognizes that a multitude of unique backgrounds, experiences, and perspectives can help solve the many challenges our Navy faces. Harvesting this diversity of thought maximizes the value of our most important asset - our people."

Chief of Naval Personnel
 Vice Adm. Scott Van Buskirk

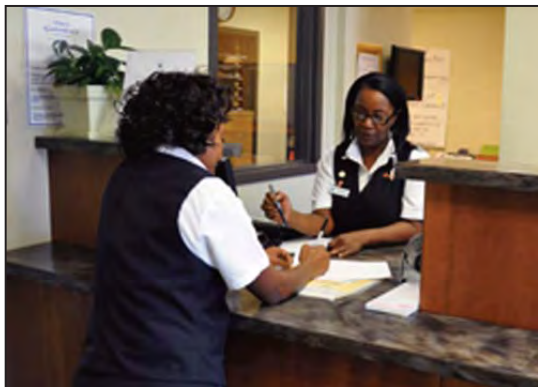
~ More than 17,000 active duty, Reserve, and civilian members of the Navy Total Force declare themselves American Indian or Alaska Native.
 ~ American Indian sailors served on Continental and state vessels during the War of Independence, and many tribes were involved in the War of 1812. During the Civil War, as many as 20,000 American Indians contributed to Union and Confederate forces as auxiliary troops on both land and sea.
 ~ During World War II, more than 1,900 American Indian and Native Alaskan Sailors and Women Accepted for Volunteer Emergency Service (WAVES) volunteered and more than 375 Marine Navajo Code Talkers transmitted messages by telephone and radio in their native language, saving the lives of countless troops and helping win numerous island battles. This code was never cracked by the Japanese.
 ~ Twenty American Indians and Alaska Natives have received the Medal of Honor for heroism above and beyond the call of duty.

Fraud, Waste, Abuse Line

Due to limited IG resources throughout the Southeast Region, all Fraud, Waste and Abuse hotline work will now be handled by the Region. To report Fraud, Waste and Abuse, contact the Region at: Toll Free 1-877-657-9851 Comm: 904-542-4979 DSN 942-4979 FAX: 904- 542-5587, E-mail: CNRSE_HOTLINE@navy.mil.



Around the Center



Guest Service Clerks Raynita Garner and Scyvonda Bradshaw, of Navy Gateway Inns & Suites, go over customer service paperwork on board Naval Construction Battalion Center (NCBC), Nov. 7. Navy Gateway Inns & Suites is located at Bldg. 314 and is open 24 hours a day. (U.S. Navy photo by Utilitiesman Constructionman Daneia Johnson/Released)



Steelworker 1st Class Jeffery Ballas and Construction Mechanic 1st Class Michael Valles, both of 20th Seabee Readiness Group (SRG), work together welding an extension bracket on board Naval Construction Battalion Center (NCBC), Nov. 9. Ballas and Valles always practice Operational Risk Management (ORM) by wearing the proper Personal Protective Equipment (PPE). (U.S. Navy photo by Utilitiesman Constructionman Daneia Johnson/Released)



The Navy-Marine Corps Relief Society Gulfport held their volunteer awards luncheon, Nov. 3 at Lookout Steakhouse in Gulfport. NMCRS honored volunteers who donated 100, 300, 500, 600 and 1000 hours. NMCRS provides financial, educational, and other assistance to members of the Naval Services of the United States, eligible family members, and survivors when in need. (U.S. Navy photo by Morgan Over/Released)



Children from the Child Development Center (CDC) on board the Seabee Center follow a time-honored tradition of parading for treats during the 7th annual children's Halloween parade hosted by the CDC. Military and civilian personnel who work on the Center show up every year to pass out assorted treats to the little trick or treaters. (U.S. Navy photo by Utilitiesman Constructionman Daneia Johnson/Released)

NCBC CDC hosts 7th Annual Halloween Parade

By UTCN Daneia Johnson
NCBC Public Affairs

Children attending the Naval Construction Battalion Center (NCBC) Child Development Center (CDC) kicked the Halloween weekend off right by celebrating the CDC's seventh annual "Halloween Parade" on board NCBC, Oct. 28.

The idea for the parade came from former CDC Director Jill Paradise. It was a spinoff from the previously celebrated Mardi Gras parade. Paradise would bring in beads from Mardi Gras parades and the kids of the CDC used the beads to decorate their tricycles, wagons and other playthings.

One day the CDC caregivers got an idea to just have a Halloween parade instead. The Halloween Parade was one of the quarterly events hosted by the CDC this year.

"It's a great way to get the parents involved," said CDC Assis-

stant Director Pamela Carlisle. More than 30 volunteers, including parents, NCBC participants, and Morale, Welfare and Recreation (MWR) employees contributed to make the event a success.

"It was wonderful to have everyone come out and join us. It made the beginning of Spookfest and Halloween a wonderful event for the children, and we're just thankful for all the base wide participation," said CDC Director Melanie Boyle.

The parade allows the children to dress up and show off their creative costumes to their fellow classmates, and gives them a safe environment to trick or treat "It was fun seeing all the kids dressed up in different costumes really enjoying themselves," said Builder 3rd Class Melissa Helton, a participant assigned to NCBC Command Master-at-Arms Department.

Reminder to all CDC parents . . . A Parent Involvement Board (PIB) meeting will take place Nov. 18 at 10:30 a.m. for parents of all children who are currently enrolled in the CDC.

Change of hardware: Chief Steelworker trades anchors for bars

By MCC Ryan Wilber
NCBC Public Affairs

Chief Steelworker Joshua Thacker was commissioned a Chief Warrant Officer (CWO) 2 during a ceremony held at Seabee Land on Camp Shelby, Miss., Nov. 1. Thacker is one of two Chiefs selected for Warrant Officer in the Naval Construction Force (NCF) for fiscal year 2012, and both are assigned to commands on board Naval Construction Battalion Center Gulfport.

Thacker joined the Navy after working as a civilian steelworker for a couple years following his high school graduation. He said it was the stability of the naval service that attracted him to enlist in the first place.

"The best part of the military is that I've never missed a paycheck. It may be late, or it may be screwed up, but it's there. Just the stability of it means so much," said Thacker.

The father of two, Shelby (11) and Jayden (8), was born in Tennessee and spent his younger years in Kentucky, but calls

Mountain View, Missouri home. Having been married to his high school sweetheart, Whitney, for the past 14 years, Thacker said that it is family that helps him through any tough times.

"The way I've succeeded is that I have a great support system. I have an awesome family and they help me through," said Thacker.

A trade and education are what Thacker cited as the things he hoped to get when enlisting in the Navy, but has thought about becoming an officer since he was a junior Seabee.

"I've always kicked [becoming an officer] around since I was a junior troop, an E-5 or so. I've always wanted to do it, had the thought in my head, so I decided its time to do it or not do it and put the package in last year," said Thacker. "It makes me feel good, honored that the Navy would select me."

Although it is common for only two or three candidates to be selected for Warrant Officer in the NCF each year, according to Chief

See **THACKER** page 28



Above: **Lt. James Shambley administers the commissioning oath to Chief Steelworker Joshua Thacker during his commissioning ceremony at Seabee Land on Camp Shelby, Miss.** (U.S. Navy photo by Equipment Operator 1st Class Felipe Pardo/Released)

Left: **The children of Chief Steelworker Joshua Thacker, Shelby and Jayden, pin on their father's Warrant Officer bars during his commissioning ceremony.** (U.S. Navy photo by Equipment Operator 1st Class Felipe Pardo/Released)

Toys For Tots

Fleet and Family Support Center (FFSC) is working with the Toys for Tots campaign again this year. Sign up began Nov. 9, with deadline for submission Nov. 17, so that 'Santa' has time to work his magic! Applications are open to E-6 and below, all others on a case by case basis. Please help to get the word out to our Seabees and their families. Interested parties can call FFSC for details at 228-871-3000.

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**Wanted:
UCT Seabee
Divers!!!**



Underwater Construction Team ONE is searching for highly motivated Seabees and CEC Officers looking for a career and lifestyle change.

Join an ELITE force and travel as a small, professional team. Execute specialized construction, diving and demolition skills with the latest and greatest technology and equipment.

Contact UCT CCC/Diver recruiting team @ (757) 462-3988/4313 or Email YNC Aberle at christopher.aberle1@navy.mil; EA2 Potamitis at marios.potamitis@navy.mil; or visit www.facebook.com/seabee.diver for more information

. . . Follow Seabee Center on Facebook and Twitter . . .

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'First and Finest' increase footprint at FOB Lagman

By NMCB 1 Public Affairs

Naval Mobile Construction Battalion (NMCB) 1's Blade Team has been hard at work on Forward Operating Base (FOB) Lagman, Afghanistan. The Seabee were tasked with improving the Entry Control Point (ECP). The expansion of the ECP provides increased search capabilities, smoother traffic flow for convoys, additional capacity, and increased force protection to the FOB as well as ECP guards.

The Blade Team knew from the beginning that there was a lot of work to be done. Countless hours of strategic planning had to complete before executing this project. It is one thing to build an ECP from scratch, but it becomes more complicated to re-construct an ECP of this magnitude, all while keeping the existing ECP operational, being able to accommodate hundreds of trucks and dealing with the local populous on a daily bases, and maintaining a strict defensive posture.

Starting on the west side of the ECP there were six standing structures, 750 feet of HESCOs that needed to be demolished and a 40



Builder Constructionman Apprentice Rachel Vestergaard of Naval Mobile Construction Battalion (NMCB) 1 attaches a keyway while performing foundation work on board Detachment Lagman's camp. (U.S. Navy photo/Released)

foot hill that needed to be removed. After weeks of removing

earth and debris they ended up moving approximately 25,620

cubic yards of fill with a D7 dozer, excavator, and a 966 front end

loader, and demolishing and removing two structures. Soon after the initial site work was complete they were ready to start expanding and building up the new ECP. Placing over 10,000 cubic yards of rock, erecting and filling over 1,500 linear feet of HESCO and placing 347 Alaskan barriers the ECP was starting to take shape.

When it came to erecting the 1500 feet of HESCO, the Blade Team had to call in support from a crew of builders. They commenced HESCO work building a bunker allowing the sentries to safely operate the new drop arm gate that was placed in advance of the previous gate. The bunker was tested immediately; absorbing three rounds of small arms fire the day after it was constructed resulting in no injuries to the sentries standing watch at the front gate.

Placing the 347 Alaskan barriers was a bit of a challenge. The Barriers were delivered and placed by Afghani locals. Coordinating and communication was the hard part. "This was a great opportunity to

See **BLADE** page 27

NMCB 1 personnel gain licenses and experience in Kuwait

By Lt. Robert A. Clark
NMCB 1 Public Affairs

Seabees attached to Naval Mobile Construction Battalion (NMCB) 1 Detachment Camp Moreell conducted a Mine Resistant Ambush Protected (MRAP) licensing class during October. The class was taught at Camp Moreell in Kuwait and produced six new MRAP qualified drivers.

MRAPs are one of the most secure ground transportation vehicles available. The vehicle is used to transport personnel and escort convoys in Iraq and Afghanistan.

The three-day class included classroom lectures, vehicle familiarization, daytime operations, and a nighttime exercise utilizing the MRAPs advanced low light driving technology.

Construction Mechanic Michael Garret and Construction Mechanic Luke Larsen, who are assigned as part of the MRAP repair facility, assisted in teaching the class. Alfa Company personnel maintain and repair several different varieties of MRAPs in the Alfa Company yard at Camp Moreell. However, Garret and Larsen have become the "go to" members of Alfa Company for all issues pertaining to MRAPs.

"These vehicles are impressive in their design and also their operation," said Garret. "Despite having complex systems on board, an MRAP is relatively easy to learn how to drive."

The students who attended the class had only positive things to report about the experience.

"The MRAP is a great license to have because it is different than the typical Civil Engineer Support Equipment (CESE) that Seabees are used to. It gives the operator the experience of driving a tactical vehicle," said Senior Chief Utilities man Shawn Holden. "It is also just fun to drive."

The training will increase the overall readiness of the battalion by ensuring a sufficient number of licensed operators are available for Convoy Security Escort drivers, field training exercises, and future deployments. The new licensees will become an immediate asset to Alfa Company by doubling the number of qualified MRAP drivers in the Detachment.

In addition to taking care of the vehicles, the construction mechan-



Construction Mechanic Michael Garret, left, and Construction Mechanic Luke Larsen of Naval Mobile Construction Battalion (NMCB) 1 Detachment Camp Moreell, Kuwait assist in the MRAP licensing classes that are given to personnel at the Camp and are also regarded as the detachment's subject matter experts on all issues pertaining to the vehicles. (U.S. Navy photo/Released)

ics also provide presentations about the MRAPs to distinguished visitors when they visit or stay at Camp Moreell. The presentations that are given include a classroom

overview of the capabilities of the MRAP followed by a demonstration of the MRAPs in action while they navigate various types of road surfaces.



Noteworthy performance for NMCB 133 Seabees

U.S. Sailors from Naval Mobile Construction Battalion (NMCB) 133 receive the Philippine Civic Action Medal from Philippine Marines on Camp Navarro, Zamboanga, Philippines, Oct. 28. The Sailors received their end-of-tour awards for their work in assisting the Armed Forces of the Philippines with construction and development projects in the region. (U.S. Marine Corps photo by Cpl. Matthew P. Troyer/Released

NMCB 11 advances to graded eval portion of FEX

By MC1 Jonathan Carmichael
NMCB 11 Public Affairs

Naval Mobile Construction Battalion (NMCB) 11 began the second phase of its Field Exercise (FEX) preceded by a day of unit level training and a much anticipated dinner that was hot off the grill.

The first week of FEX was the field training exercise (FTX) portion in which the 20th Seabee Readiness Group (SRG), conducted scenarios and followed them up with feedback to prepare the battalion for the second phase of FEX which is called the Final Evaluation Problem (FEP).

During FEP, the battalion will be evaluated on its performance in several areas. The goal is to ensure that the battalion is certified to be the ready-battalion, and prepare its Seabees for their next deployment. Once this certification was achieved, the battalion returned to Gulfport.

At the end of FTX, the battalion moved to a new forward operating base (FOB). This required logistical coordinating and planning as all personnel, equipment, and supplies had

to be taken down, relocated, and rebuilt.

The FEX schedule included a day in between FTX and FEP to conduct unit level training and give the Seabees an opportunity to learn and make corrections based on the feedback that NMCB 11's Commanding Officer, Cmdr. Lore Aguayo, received from 20 SRG.

Aguayo also allowed the troops to relax some of their tactical gear for the day. The relaxing of the gear was a well received privilege for the Seabees because the tactical gear they are required to wear throughout FEX is thought to be uncomfortable by most due to its weight and bulk.

To further increase morale going into the final phase of FEX, the battalion was treated to a freshly grilled dinner of burgers, hot dogs, chicken, and baked beans. Many stood in line for more than two hours for the hot meal which was a welcomed break from the Meals Ready to Eat (MRE) they had been living off of since FEX began.

FEP began the moment the calendar changed from Oct. 30



Seabees assigned to Naval Mobile Construction Battalion (NMCB) 11 put away gear to prepare to move from one forward operating base (FOB) to another during the battalion's pre-deployment field exercise (FEX). (U.S. Navy photo by Mass Communication Specialist 1st Class Jonathan Carmichael/Released)

to Oct 31, and the battalion was ready for anything. Fighting positions were properly concealed and manned. Watch rotations were in full swing, and all necessary tactical gear was donned.

The attacks began in the early

morning with the battalion taking indirect fire which required everyone in the camp to seek immediate cover.

The Seabees expected the frequency and intensity of the attacks to build as the FEP continued.

All personnel are dedicated to a successful mission, and expectations were high among the ranks. Most have expressed a desire to return to loved ones or simply to the comfort of their own homes as a major motivating factor.

VEC assists Sailors, veterans in updating SMARTs

**By Susan Henson
Center for Personal and
Professional Development
Public Affairs**

In recognition of Veteran's Day, the Navy's Voluntary Education staff is reminding Active and Reserve Component Sailors as well as veterans considering a college education to update their Sailor/Marine American Council on Education Registry Transcript (SMART).

Many Sailors know SMART transcripts can help them gain additional college credits based on their military experiences and training. But those who have separated from active duty may not readily consider how updating their SMART can still help them finish a degree.

Earning college credit can be accomplished in a number of ways. Many people take college-level courses through instructor-led or distance learning classes. Some take College Level Examination Program (CLEP) exams to help them earn credits toward their degree. Information on a service member or veteran's SMART lists non-traditional credits and military experience that can translate into college credit recommendations to

apply toward a degree requirement or program of study.

"I highly encourage all Sailors and veterans to contact the Virtual Education Center (VEC) to request a SMART update," said CPPD Commanding Officer Capt. Chuck Hollingsworth. "It's a great way to maximize what you've accomplished in your Navy career by getting as much college credit as possible toward finishing your degree – at no additional cost to you."

SMART transcripts list personal student data, courses, and occupations evaluated by the American Council on Education (ACE), including descriptions, learning outcomes, and equivalent college credit recommendations, as well as national college-level exam results. Official SMART transcripts can be sent to accredited colleges and universities to fulfill the requirements for a student's selected degree path.

Dr. Mary Redd-Clary, CPPD's director of the Navy Voluntary Education program, said these details on a SMART can be a critical part of a Sailor, Marine or veteran finishing a degree. And people are taking advantage of this opportunity. "In the past year, more than

76,600 Sailors, Marines and veterans have requested their SMARTs through the VEC," she said. "More than 34 percent of the VEC staff's work supports SMART requests from our customers."

SMART transcripts may be ordered from the VEC by mail, or calling the VEC's toll-free number, both which are available on the VEC's web page. Requests for official copies sent to colleges and universities require the completion of an order form, which is available online, and the student's signature.

For more information regarding eligibility requirements, service members should contact their local Navy College Office or the VEC. More information is also available on the Navy College Program website at: https://www.navycollege.navy.mil/dsp_vec.cfm.

For more information about CPPD, visit: <https://www.netc.navy.mil/centers/cppd/>. For more news from the CPPD, visit: www.navy.mil/local/voled-pao/. To connect with CPPD on Facebook, visit: <https://www.facebook.com/#!/pages/Center-for-Personal-and-Professional-Development/100056459206>

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Memorial Service

Chief Builder (SCW) Raymond J. Border

Nov. 17, 10 a.m. Training Hall

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Buzz on the Street



By UTCN Daneia Johnson
With Thanksgiving approaching, name something you are thankful for:



"I'm thankful for my wonderful family, and I'm thankful I have a job."

BUCN Joseph Petkoff
NMCB 11
Hometown: Memphis, Tenn.



"I'm thankful to be able to live in America. It's great to be able to live in 'The Land of the Free.'"

Dorothy Coleman
CBC IT Department
Hometown: Gulfport, Miss.



"I'm thankful to have a caring family that's very supportive of what I do."

BUCN Natasha Shepperd
NMCB 7
Hometown: Austin, Texas

NCBC FRAMES

Information Systems
Technician 2nd Class
Dmarcelius Roberson
20th SRG

By BU3 (SCW) Cassie Secher

FF: What single experience during your career stands out the most, and why?

IT2: That would have to be when I rebuilt/restored the ships' Naval Tactical Command Support System (NTCSS.) I was fairly new at the command and the database for the server was corrupted and needed to be rebuilt. It took close to 10 man hours to find the problem and solve it.

FF: What has been your biggest motivation throughout your career?
IT2: My biggest motivation throughout my career would have to be my family and friends.

FF: What advice would you give to future Seabees/Sailors?



IT2: My advice to future Seabees and Sailors would be to work as a team. Without the person next to you the mission will not be accomplished. Everyone giving 100 percent to their job plays a vital

role in the success of the mission.

FF: What is your favorite thing about working with the Seabees?
IT2: It is an honor to work with Seabees because of their strong fighting spirit.

Their pride and professionalism is second to none, and their strong work ethic is contagious and makes me proud to be part of their team.

FF: Who was your most influential mentor dur-

ing your career, and why?

IT2: The most influential mentor would have to be my aunt YNCS Williams, without her being a part of my life I wouldn't be part of this fine Navy!

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Chapel Offerings

Women’s Bible Study

A new Women’s Bible Study has started at the Chapel. It is Wednesdays from 10 to 11 a.m.

Seabee Food Pantry

The Seabee Pantry is running low on non-perishable items. Donation drop off points are: Navy Exchange, Chapel, Commissary, Fleet and Family Support Center and Armed Forces Retirement Home. Anyone affiliated with NCBC is eligible to draw from the Seabee Pantry.

LIGHT

A Young Adult Group for members of the military. Meetings are held Wednesdays at 6 p.m. at the Chapel Fellowship Hall.

Seabee Blood Drive

A Seabee Blood Drive will take place Dec. 1 from 8 a.m. - 1 p.m. at the Chapel Fellowship Hall. To schedule an appointment, go to www.redcross.org, sponsor code Seabees.



Angel Tree

A program for families in need to receive children’s gifts. Request forms for active duty members are at the Chapel. A tree in the Navy Exchange will have angels tied to it for the gifts requested. Gifts are for active duty family members only. *Contact the Chapel at 228-871-2454 for information on all of the programs and be sure to visit their Facebook page.*

Photocopying military ID cards violates policy . . .

According to Title 18, US Code Part I, chapter 33, Section 701 photocopying of U.S. Government Identification is punishable by both fine and imprisonment. If asked to provide identification for photocopy, military/DOD personnel can provide a state drivers license or other form of photo identification.

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eral duty/out-of-rate assignment, or officer designator or collateral duty/assignment.

Writing a government resume is different than for the private sector. Related training is offered exclusively to veterans through TURBOTAP, the Transition Assistance Program (TAP) classes, resume writing courses offered by Fleet and Family Service Centers and tips provided by the Shipmates to Workmates program <http://jobs.navy.mil/sm2wm/Default.aspx>. Information also is available at www.fedshirevets.gov/ hosted by the Office of Personnel Management (OPM) and the DON Office of Civilian Human Resources (OCHR) webpage dedicated to veterans

<http://www.public.navy.mil/donhr/Employment/Vets/Pages/Default.aspx>.

Next, veterans should go to usajobs.gov and use the built-in resume builder to setup their USAJOBS account. Once the resume is created, veterans should search for occupations which most closely match their military training and skills. Searches can be made by location, desired salary/paygrade and more. Mercer says it is critical to pay close attention to the instructions and key information on the job opportunity announcement. The announcements will list who may apply, how they will be evaluated, geographic location of the job, salary, etc., as well as requirements such as security clearances, medical examinations, travel requirements, shift work, and more. Saving your searches will allow you to receive email notifications as new announcements are posted.

OCHR's webpage (noted above) provides tipsheets about how to set up the account. If, after working with the FFSC counselors, applicants have questions navigating the USAJOBS process, the OCHR Employment Information Center is available to answer questions via [DNeic@navy.mil](mailto:DONeic@navy.mil) or 1-800-378-4559.

The DON remains committed to improving the applicant's experience, reducing the time to fill vacancies and securing quality candidates for DON positions. Civilian careers in the Department of the Navy offer real world challenges with real life rewards - careers where purpose and patriotism unite.

A civilian career with the federal government is one of the opportunities that should be considered by separating Sailors including those affected by the Enlisted Retention Board (ERB). For the latest ERB information, visit Navy Personnel Command's ERB website www.public.navy.mil/bupers-nps/boards/ERB/Pages/default2.aspx.

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Volunteers Needed

CBC Helping Hands Community Outreach Program – Public Affairs is organizing the NCBC Community Outreach Volunteer Assistance program to enhance efficiency and effectiveness. In order to do this, we ask all organizations/commands on board the Seabee Center who provide volunteer services to send an email to NCBC_GPT_PAO@navy.mil for further information.

Test Proctors - West Harrison High School needs proctors for state testing 8 a.m. to noon, Dec. 5 (8 people), Dec. 6 (2 people), Dec. 7 (2 people) and Dec. 9 (2 people). The school is located at 10399 County Farm Rd, just north of I-10 in Gulfport. If you are interested, please contact Julie Hadley at 228-539-8900 or email JHenderson@harrison.k12.ms.us.

Judges - Pass Christian Elementary School is in need of 20 - 25 judges (but more is always better) for their upcoming Reading Fair which will be held Dec. 8. Request judges arrive by 8:30 a.m. to attend a short presentation on procedures with judging starting at 9 a.m. and lasting two to three hours. The Fair is mandatory for 2nd and 4th grades and encouraged for all other grade levels. We expect to have approximately 150 - 160 projects that will need to be judged. Please contact Lori Fisher at 228-452-

5220 or lfisher@pc.k12.ms.us for more information or to sign up to volunteer.

Gulf Coast Women's Center for Nonviolence is opening a domestic violence shelter in Pascagoula to provide a safe place for women and children from Jackson and George Counties. The following "wish list" items are needed by the adults and children residing in the shelter: Cleaning supplies, over the counter medications such as ibuprofen, acetaminophen, allergy, cold, indigestion for children and adults, Band-Aids, rubbing alcohol, peroxide, ointment, toiletry items (shampoo, conditioner, deodorant, tooth paste, brushes, body wash, soap) toilet paper, paper towels, diapers, wipes, Kleenex, bath towels, sheets, blankets and pillows. Phone 228-205-4502 for more information.

Cross Roads Elementary, Gulfport is looking for five people to build picnic tables and benches. Contact Awsome Dixon at 228-669-6928 to volunteer.

City of Gulfport is looking for eight volunteers to help out at the Sugar Plum Saturday and Christmas Parade Dec. 3. Volunteers will stage parade participants, serve hot chocolate and assist with other parade preparations. Contact Brittany Dyes at 228-860-444 if you are interested in volunteering.

Safety is no accident!

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Area Off-Limit

Locations . . .

Biloxi: Boulevard Night Club, Blue Note Lounge, Henry Beck Park, YaYa's; **Gulfport:** Bunk Small Apartments, Herbal Alternatives; **D'Iberville:** Guitars and Cadillacs; **Moss Point:** Tony's Lounge; **Ocean Springs:** Pugs; **Pascagoula:** Carver Village, Bunksmall Apartments, H&H Hideaway. Current "off-limits" establishments are agreed upon and approved by local Armed Forces Disciplinary Control Board.

Observe posted speed limits on board NCBC. Unless otherwise posted, speed limit is 25 m.p.h.

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FOCUS on EDUCATION

Starbase Atlantis graduates Bel-Aire Elementary students

By Morgan Over

Contributing Writer
Sixteen fifth graders from Bel-Aire Elementary School in Gulfport, Miss. received their wings Nov. 7 from Starbase Atlantis on board Naval Construction Battalion Center (NCBC) Gulfport.

"Starbase is designed to bring science to children who otherwise would not have exposure to it," said Keith "Sparks" Agee, Starbase Gulfport director.

The five-week program is part of a larger Department of Defense program focusing on Science, Engineering, Technology and Mathematics (STEM). Starbase Gulfport partners with fifth grade classes from Long Beach, Gulfport and Pass Christian schools.

Students wearing lime green buttons with call signs like "J Flash," "Stan the Man," "Crazy Lady 12 plus" and "The Hunter" posed questions to Sparks during their rocket launch safety brief.

"How does the parachute come out?" asked 11 year old, Catrevious "Stan the Man" Lewis.

"The wadding we packed in here gets pushed out because of the motor," Sparks explained.

Students, eager to launch their first rocket and earn their wings, learned safety protocol and the fundamen-



Graduates from the Starbase Atlantis "Juliet" Class participate in their capstone project - a rocket launch. The students, 5th graders from Bel-Aire Elementary School in Gulfport, participated in the five-week program on board Naval Construction Battalion Center (NCBC). (U.S. Navy photo by Morgan Over/Released)

als of ensuring the field is clear before collecting their rockets.

Launching rockets from a field on base, the students earned their wings as their rockets were launched into the air.

"It went all the way up and then came down!," exclaimed Starbase graduate Mattilyn Magee, 11, of Gulfport, Miss. "The rocket launch is the best part."

Michelle Goff, Bel-Aire Elementary fifth grade teacher, experienced Starbase for the first time. "It's really

good because it opens their eyes to how things work," she said.

The five-week program encourages students to learn STEM activities they would not ordinarily see. Students in the Starbase programs nationwide have an opportunity to fly a plane in a synthetic scenario, build rockets, utilize Global Position Systems (GPS) and learn robotics.

The program is open to fifth graders during the school year and nine to 12 year olds during the summer.

Register now for MGCCC

Spring class on board Center

Registration is ongoing for the spring 2012 semester which begins Jan. 9. Weekday courses include, English Composition I, Intermediate Algebra, World Civilization I & Physical Science I. Weekday classes meet two days a week from 5 - 9:30 pm. Physical Science I will be offered in the hybrid format and will meet from 5 - 9:45 p.m. New weekend hybrid courses have been added to the spring schedule, including Public Speaking I, General Psychology, Human Growth & Development, Art Appreciation & Sociology. Hybrid courses combine face-to-face classroom instruction with computer-based learning.

Alrie' Poillion, the Navy Base Center Director, explains, "Hybrid

courses combine the best of two worlds, engaging students in the active, autonomous learning process of an Internet-based online course, while also providing regularly scheduled interaction with their instructor. Students enjoy the convenience of scheduling courses to better fit their busy lives and benefit from the self-directed learning activities, while advancing their time management, critical-thinking, and technical skills."

The MGCCC office is located in the Morell Building 60, and offers one-stop shopping where students are able to apply, register, pay fees and pick up their books all in the same office. Courses are available to active duty service members, military dependents, and civil service employees.

For more information, call Alrie' Poillion at 228.865.0675 or email alrie.poillion@mgccc.edu.



Seabees assigned to Naval Construction Training Center (NCTC) Gulfport, along with children and staff of W.J. Quarles Elementary School pose for a photo during the Partnership In Education (PIE) program held Nov. 1. PIE is a non-profit organization consisting of education partners focused on ensuring all students leave school with the academic, technical and employability skills necessary to be successful in the workplace. (U.S. Navy photo by Utilitiesman Constructionman Daneia Johnson/Released)

NCTC, Quarles Elementary: Partners in Education

By UTCN Daneia Johnson
BCBC Public Affairs

Following a signing ceremony Nov. 1, Seabees of Naval Construction Training Center (NCTC) Gulfport became "Partners in Education" with Quarles Elementary School of Long Beach, Miss. Partnership in Education (PIE) is a community outreach initiative that partners a Navy command with a local public school. The purpose of these partnerships is to enhance the educational experience for all students, help them reach their full potential and to give back to the community.

"Having this opportunity is kind of like an answered prayer... Last year we did 16,000 hours of community service, but never got to do a school partnership, because

the battalions were so active in the local communities with the schools," said NCTC Commanding Officer Cmdr. William Whitmire.

The partnership is an agreement of one year with a plan to be involved in several program areas such as student achievement, student incentives, mentoring, character development, school improvements, community service projects and more.

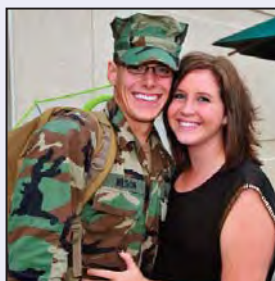
"[Partnership] has a huge impact on our children and I want to let you know how greatly it is appreciated in any capacity that you can volunteer and work here. Our kids will absolutely love you here and they will get a lot out of it, and that's what we're all about here a Quarles Elementary," said Quarles Elementary Principle Lorri Price.

Thanksgiving blessings multiply as NMCB 133 returns home to family & friends

U.S. Navy photos by Chief Mass Communication Specialist Ryan Wilber and Morgan Over



Above: When asked what she was going to do with her dad now that he's back, Taylor Carter, daughter of CE2 Tavern Carter, replied "We're going to Disney World."



Below: When asked what they were going to do with their dad, UTI John Meyers, daughter Alexis said, "I am going to take him rollerskating." Daughter Katelyn said, "I'm gonna take him for ice cream."



Friends and families did not let rain clouds keep them from welcoming home more than 150 members of Naval Mobile Construction Battalion (NMCB) 133 at the Training Hall Nov. 9. The battalion has been deployed for the past eight months in support of Pacific Command (PACOM), with a main body site in Okinawa, Japan. NMCB 133 sent details to Guam, Sasebo, Yokosuka, Chinhae, Diego Garcia, Timor-Leste, Cambodia, the Philippines and the Federated States of Micronesia to

complete humanitarian construction and provide infrastructure improvements. The battalion also provided humanitarian relief to Japan after an earthquake and tsunami devastated the Sendai region March 11. Additionally, a detail participated in Pacific Partnership 2011, a five-month ship-board humanitarian assistance initiative that made visits to Tonga, Vanuatu, and Papua New Guinea. The remainder of NMCB 133 is expected to return throughout November.

Gulf Coast Celebrates Military Heroes

*U.S. Navy photos by Chief Mass Communication Specialist Ryan Wilber
and Builder 3rd Class Cassie Secher*



The Mississippi Gulf Coast paid tribute to Veterans at the inaugural Long Beach Veterans Day Parade and Celebration, Nov. 6 and at the annual Gulf Coast Veterans Day Parade in downtown D'Iberville, Nov. 12. Thousands turned out to salute military members past and present.

On Going Events

•GROUP FITNESS CLASSES (228-871-2668)

Classes are offered Monday-Thursday & Saturday. All classes are FREE! Stop by the Fitness Center to pick up a schedule today.

•**MASSAGE THERAPY** (Fitness Center) Enjoy a 75 minute Hot Stone Massage for \$75 during the month of Nov. or a 75 Minute Deep Tissue Massage for \$70 during the month of December.

•**TEEN CENTER:** Now open every Monday - Friday from 4 - 8:30 p.m. for free.

•AUTO HOBBY SHOP

Stop by during the month of November and let us check your fluid levels before you get on the road to do any holiday traveling. Please call to make a reservation. 228-871-2804



Upcoming Events

•**GOBBLE FEST** (Fitness Center) Shake those calories off in a two hour Zumba-thon from 9 - 11 a.m.

•THANKSGIVING FEAST

(Liberty Center) Enjoy a southern Thanksgiving feast complete with all the trimmings Nov. 24 at 6:30 p.m. FREE

•**MIGHTY MITE BASKETBALL LEAGUE** (Youth Activities Center) Sign up your 3 - 4 year old. Dec. 1 - Jan. 3.

•**12 DAYS OF CHRISTMAS FITNESS CHALLENGE** (Fitness Center) will run Dec. 5 - 16. All participants will earn a workout towel.

•**CHRISTMAS TREE LIGHTING CEREMONY** Join us Dec. 9 from 6:30 - 9:30 p.m. at the Youth Activities Center for a visit with Santa, milk & cookies, games, Christmas carolers and more!

•**BELLINGRATH GARDENS (ITT)** Dec. 10 - Last day to sign up for this trip is Dec. 2.



Nov. 17

•**EDGEWATER MALL SHUTTLE** (Liberty Center) FREE shuttle at 6 p.m.

•**WEIRD SCIENCE NIGHT** (YAC) FREE, 5:30 p.m. - 8:30 p.m.

Nov. 18

•**BEAT THE BLACK FRIDAY RUSH!** (Liberty Center) FREE shuttle at 6 p.m.

•**THANKSGIVING FAMILY FEAST** (YAC) 6 - 9 p.m. Only \$4/person

•**PARENT INVOLVEMENT BOARD MEETING** (CDC) This meeting is at 10:30 a.m. and is for parents of children enrolled at CDC. A Thanksgiving lunch will follow the meeting.

Nov. 19

•**2ND ANNUAL GOBBLEPALOOZA CONCERT** (Liberty Center) FREE shuttle at 6 p.m. \$25 at the gate.

•**HAPPY FEET 2 AT CINEMARK** (YAC) \$5/person, limit 30



Nov. 20

•**BILOXI FISHING ABOARD THE SAILFISH** (Outdoor Rec.) \$40/person and includes all equipment and licenses needed.

•**WORLD WAR II MUSEUM TRIP** (Liberty Center) Depart at 9 a.m. \$5/person



Nov. 21

•**THANKSGIVING HOLIDAY BREAK CAMP** (Youth Activities Center) Nov. 21-23 and Nov. 25 from 6 a.m. - 5:30 p.m.

•**NATIONAL GINGERBREAD DAY** (Liberty Center) FREE gingerbread cookies while supplies last.



Nov. 22

•**PING PONG TOURNAMENT** (Liberty Center) FREE at 7 p.m., prize for 1st place winner

•**COOKING CLUB: MAKE YOUR OWN COOKIE DOUGH** (YAC) FREE, 5:30 p.m. - 8:30 p.m.

Nov. 23

•**CINEMARK MOVIE THEATER** (Liberty Center) FREE shuttle at 6 p.m.

•**LOCAL HOCKEY ACTION TONIGHT** (ITT)-stop by to get your tickets for \$12

•**BOYS ONLY NIGHT** (YAC) FREE, 5:30 p.m. - 8:30 p.m.

Nov. 24

•**LIBERTY THANKSGIVING FEAST** (Liberty Center) FREE food at 6:30 p.m.

Nov. 25

•**BLACK FRIDAY SHOPPING TRIP TO ANYWHERE IN LOCAL AREA** (Liberty Center) FREE, shuttle departs at 6 a.m.

•**MOVIES ON THE BIG SCREEN & POPCORN** (YAC) 6 - 9 p.m., Only \$2 limited to 50



Nov. 26

•**MS SURGE VS. AUGUSTA RIVERHAWKS** (Liberty Center) Depart at 6 p.m., \$6/person

•**OPEN RECREATION AT YOUTH CENTER** (YAC) 10 a.m. - 3 p.m., Only \$4

•**DON'T MISS OUT ON TONIGHT'S HOCKEY GAME** (ITT)-get your tickets today!

Nov. 27

•**HANDMADE INVASION AT THE FLEA MARKET** (Liberty Center) FREE shuttle at 11 a.m.

Nov. 28

•**WAL-MART SHUTTLE** (Liberty Center) Free shuttle at 6:30 p.m.

•**MON-FRI AFTER-SCHOOL PROGRAM AND POWER HOUR** (YAC) 6 a.m. - 5:30 p.m.

Nov. 29

•**CYPRESS LANES BOWLING** (Liberty Center) FREE shuttle at 6 p.m.

•**DANCE OFF COMPETITION AND INDOOR GAMES** (YAC) FREE, 5:30 - 8:30 p.m.

Nov. 30

•**DECK THE HALLS WITH THE LIBERTY STAFF** (Liberty Center) Help us decorate for Christmas all day long.

•**ONION JOUSTING AND OUTDOOR GAMES** (YAC) FREE, 5:30 - 8:30 p.m.

NCBC Public Safety Info . . .

Did you know that the Department of Public Safety uses the NCBC website to keep you advised of the most current Navy wide and Installation based security concerns? For a better understanding of warning indicators involving violence in the workplace, go to <https://www.cnic.navy.mil/Gulfport/index.htm> and visit the Department of Public Safety's programs which were developed by the Security Division for your informational needs. Under the link for Crime Prevention you will find Disgruntled Employee and Domestic Terrorist Warning Indicators. Additionally, the Anti-Terrorist and Force Protection link provides detailed information involving Warning Indicators for Insider Domestic Terrorism. The Public Safety page also provides a wide range of emergency telephone numbers, as well as other valuable information posted with your safety in mind.

Seat Belts Save Lives! Buckle Up - Every Time!



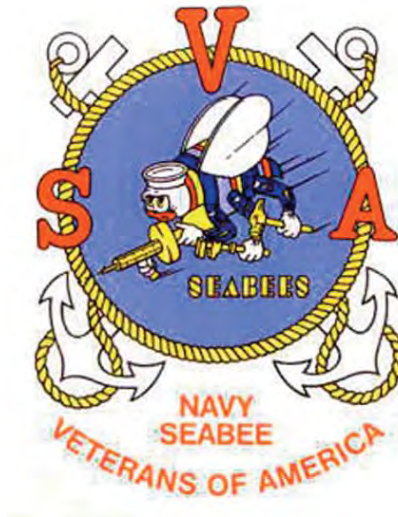
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Navy Seabee Veterans of America Island X-1 Gulfport



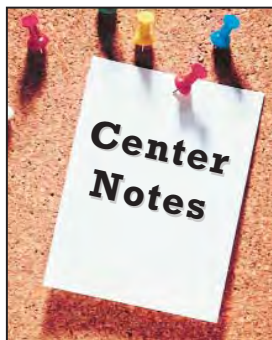
Navy Seabee Veterans of America Island X-1 Gulfport are seeking Active Duty, Reserve, Retired or Seabees who left the military after a short\ period of time. Island X-1 Gulfport meets the second Thursday of each month at Anchors & Eagles at 7 p.m. For more information contact Joe Scott (secretary) at 228-669-8335 or elevenoaks58@cablone.net or log onto WWW.NSVA.ORG for an application.

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SUPPORT

Family Readiness Groups

NMCB 1 FRG invites friends and family members to attend FRG meetings the second Monday of every month at the Youth Activity Center, building 335. A potluck dinner is served at 6 p.m., followed by a meeting at 6:30 p.m. Children are welcome and baby sitting is provided during deployment. Contact FRG President Mary Belanger, e-mail nmcbonefrg@gmail.com.

NMCB 7 FRG welcomes service members, family and friends to attend FRG meetings the fourth Monday of each month at 6 p.m. at the MWR Youth Activities Center, building 335. Children are welcome. Please contact the FRG at nmcb7frg@gmail.com for more information.

NMCB 11 FRG For more information regarding the NMCB 11 FRG, please visit the FRG and Ombudsman website at <http://nmcb11.webs.com>.

NMCB 74 FRG All families and friends of NMCB 74 are invited to the 74 FRG meeting the 3rd Monday of each month at the MWR Youth Activities Center, building 335 off Bainbridge Ave. behind the Grinder on base. Meetings begin at 5:30 p.m. Bring a covered dish to share at our potluck dinner. Children are welcome and child care is provided during deployment. For more information regarding the NMCB 74 FRG please email nmcb74fsg@yahoo.com. Check out the 74 FRG website at <http://nmcb74frg.zymichost.com>

NMCB 133 FRG invites all friends and family members to attend FRG meetings the first Monday of the month at 6 p.m. at the Youth Center. Children are welcome and baby sitting is provided. Please bring a dish to share. For more information contact FRG President Kelli Clarke at 727-504-4408 or e-mail han-sonk154@yahoo.com. To receive updates log on to the FRG site at

<http://www.orgsites.com/ms/nmcb133fsg>

Gulfport Officer's Spouse Club

The Gulfport Officers' Spouses' Club is a social organization that has FUN while helping our community. We meet monthly and have special interest groups for almost everyone! For more information, please email noscgulfport@yahoo.com. We hope to see YOU soon!

NMCRS

The Navy-Marine Corps Relief Society Thrift Shop is located in building 29 on Snead Street. The Thrift Shop is staffed entirely by volunteers, and child care and mileage are reimbursed. Retail hours of operation are Tuesday, Wednesday and Friday, 9 a.m. - 1 p.m. Volunteers are always welcome. Visit the NMCRS offices at the Fleet and Family Support Center, building 30, suite 103 or call 228-871-2610 to find out how to become a part of the NMCRS volunteer team!

Gamblers Anonymous

The Fleet & Family Support Center offers GA meetings every Thursday at 11 a.m. GA is a fellowship of people who share their experience, strength and hope with each other. All meetings are confidential and facilitated by GA. Come to a meeting or call Jim Soriano at 228-871-3000 for information.

TRAINING

COMPASS is a team of trained seasoned military spouses mentoring other Navy spouses. Classes are intimate and informative. The three-day course is offered the last week of the month. The course and child care are FREE! Contact Kim at 228-832-5343 to sign up.

Naval Sea Cadets

The Gulfport branch of the Naval Sea Cadets are recruiting youth ages 11 to 17 for Sea Cadets, a nation-wide organization that help youth achieve personal success through nautical training. Meetings are the third Saturday of the month from 8 a.m. until 3 p.m., building 1, 2nd floor conference room. For more information, contact AGCS Enrique Acosta-Gonzalez at 228-688-5288 or enrique.acosta@navy.mil, or Lt.j.g. Bowling at 228-313-9035 or coachcb@yahoo.com.

SOCIAL

Miss. Gulf Coast First Class Association is seeking new members. Meetings are every Wednesday at 3 p.m. at CBC's Beehive, building 352. Call BU1

Tony Boldrey 228-871-2577 for more information or just come and join us at a meeting.

CBC/20SRG Second Class Petty Officers Association

is seeking members. Meetings are Tuesdays at 2:30 p.m. in the Fitness Center classroom. Contact the Association's Public Affairs Officer LS2 Matthew Wasson at matthew.t.was-son@navy.mil or President LS1 Earl Simpson at earl.simpson@navy.mil.

VFW Post 3937 Long Beach is open Monday - Thursday from Noon until 8 p.m., Friday and Saturday from Noon until 10 p.m., Sunday from noon until 7 p.m. The first Friday of the month is Seafood night, the remaining Fridays are Steak night. Breakfast is served from 7 - 10 a.m. on Saturdays. VFW meetings are held the second Wednesday of each month at 7:30 p.m. New members are always welcome. Contact Post Commander Bill North at 228-863-8602.

VFW Post 4526 Orange Grove is open daily from Noon to 10 p.m. and located at 15206 Dedeaux Road, Orange Grove. Meetings are the first Wednesday each month at 7 p.m. All are welcome and encouraged to attend. For more information call 228-832-0017.

NMCB 62 Alumni Group

Naval Mobile Construction Battalion (NMCB) 62 was recommissioned in Gulfport in 1966, and decommissioned in 1989. To become a member of the Alumni Group may go to <http://nmcb62alumni.org> for information or for links to Seabee historical sites.

Seabee Veterans of America Island X-1 Gulfport are seeking Active Duty, Reserve, Retired or Seabees who left the military after a short period of time. Island X-1 Gulfport meets the first Thursday of each month at Anchors & Eagles at 7 p.m. Contact Joe Scott (secretary) at 228-669-8335 or elevenoaks58@cableone.net or log onto www.nsva.org for more information.

HERITAGE

The Seabee Gift Store is located in the Seabee Heritage Center Training Hall, building 446. Hours are Monday-Friday, 10 a.m. to 4 p.m., and Saturdays from 11a.m. to 3 p.m. The shop has a variety of Seabee related memorabilia, books and DVD's. Contact the museum at www.seabeesmuseumstore.org/shop/index.php or call the gift shop at 228-871-4779 for more information.

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Let's talk turkey

Kay's Kitchen offers ideas for cooking your best 'bird' ever

By Kay Blakley

DeCA home economist

If you're the appointed turkey cook this Thanksgiving, and you're stressing to the max because you've never done it before, take comfort in knowing this: Roasting the turkey is the easiest part of the entire traditional feast. Peruse your commissary aisles for the turkey tailored to your specific needs – we've got 'em big and small and everything in between. Arm yourself with these basic guidelines and tips, and you're "good to go."

How much do you need? Plan on 1/2 to 3/4 pound per person for a regular bone-in turkey and about 1/3 pound per person for a boneless breast or turkey roast. Allow a bit more if you want plenty of leftovers.

How long does it take to thaw? Short answer – a long time! Place the frozen turkey on a tray in the refrigerator and allow five hours per pound to complete the thawing process. Depending on size, this can take from two to five days. To speed things up a bit, remove the giblet packet and neck from inside the turkey and thaw them separately. Be sure to check both the body cavity and the neck cavity for these – sometimes they are stored in two packets.

If time is short, use the Cold Water Method for thawing, but do so carefully – spoilage bacteria can multiply rapidly at temperatures above 40 degrees. With the turkey in its original wrapper, place in a large container and cover completely with cold water. Change the water every 30 minutes and allow an hour per pound total thawing time.

How to roast? Preheat the oven to 325 degrees. Remove giblet packets from inside the turkey, then rinse inside and out with cold water and pat dry with paper towels. Generously rub the body and neck cavities with salt and insert a medium onion, cut into quarters, and two or



three celery stick, with leaves. Sprinkle the skin with salt, then brush all over with melted butter or oil. Place the turkey, breast-side-up, in a shallow roasting pan and roast on the lowest oven rack until a meat thermometer inserted in the thickest part of the thigh registers 175 to 180 degrees, and in the breast, 165 degrees. Refer to your turkey's original wrapper for approximate total roasting times, which can range from 2 3/4 to 3 hours for a small turkey to 4 1/2 to 5 hours for a large one.

Remove the turkey from the oven, tent loosely with aluminum foil and let it rest for 15 to 20 minutes before carving.

To stuff or not to stuff? If your favorite part of the Thanksgiving meal is the stuffing, then by all means get a reliable recipe and give it a try. Just be aware that food safety experts consider it a breeding ground for pathogens that can make you sick, if not done properly. For first-timers, baking a pan of dressing separately is usually easier and definitely safer.

The decision to "stuff yourself," however, is totally up to you! From my viewpoint, it's the one day each year when it's the totally acceptable thing to do. I'll burn off those extra calories by adding some distance to my daily walk, I tell myself, but I usually have to have a nap first.

Visit http://www.commissaries.com/kays_kitchen/healthy_cooking/healthy_cooking.cfm and look for "Turkey Tips" to get specific information on how much turkey to buy, how to thaw the turkey safely and how long to cook it. Kay's Kitchen will also have a complete feast of traditional Thanksgiving recipes.

November 17, 2011

Seabee Courier

Suicide Prevention is an All Hands Evolution



NFL players join eKnowledge honoring veterans, families

From eKnowledge Public Affairs

In alliance with the Department of Defense and supported by patriotic National Football League players, eKnowledge is donating \$200 SAT and ACT PowerPrep Programs to Military Service members and their extended families.

Over the past seven years, eKnowledge has donated over 165,000 PowerPrep programs with a value approaching \$39 million.

The SAT and ACT Powerprep software comes in a single DVD and includes more than 11 hours of Virtual Classroom instruction and 3,000 files of supplemental test prep material. Thousands of interactive diagnostic tools, sam-

ple questions, practice tests and graphic teaching illustrations are indexed for easy use. Students select the training they need and then they can study at their own pace.

The SAT or ACT sponsorship covers 100 percent of the total retail cost of the \$200 program, however there is a small fee of \$17.75 per program which covers the cost of materials, customer support and world-wide shipping.

Order on line at www.eknowledge.com/MilNews. To order by phone call 951-256-4076. For more information, contact Michael McCracken, at Michael@eknowledge.com or 951-256-4076.

Pitch In, Use the bin! NCBC is a No Litter Zone!

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learn a lot about their culture and work ethic,” said Chief Equipment Operator Brian Bellefeuille, Blade Team’s officer in charge. “Partnering with the local populous is one of the main reasons why we are here, winning the hearts and minds of the Afghani people, and was a rewarding experience for Blade Team personnel who worked alongside them for more than two weeks while barriers were carefully placed.”

Once the project was complete the Blade Team with the combined efforts of Det Lagman personal and local contractors had re-constructed the ECP adding two new outbound lanes, three renovated inbound lanes, a military only lane, enhances security and capacity for the wait yard and search areas, increased surveillance of the soak yard, three new security gates and a forty foot blast resistant DynaTower. The project took three months to finish and is now fully operational and serving the grateful and safer service members of FOB Lagman.

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From **THACKER** page 4

Warrant Officer 3 Blane Meadows, 20th Seabee Readiness Group R43 Table of Allowances and Readiness Officer, it is unusual for both of those selections to come from the same area.

“It made us feel good on this side, to get two good selections. It’s really to me uncommon that we can pull that off. It’s great for our community on this coast, but it’s rare to see,” said Meadows. “Both of those guys are awesome selections.”

Thacker stated that it was not working for personal gain that has resulted in his success, but taking care of the people that work for him and doing his best for the command. That is also the advice he has for junior troops with future aspirations for CWO.

“My advice is to do the best you can and take care of the folks that work for you. Everything else will fall into place. If you take care of your troops and the Navy, everything is going to fall into place,” said Thacker.

PSD Renovation

A renovation project to PSD Gulfport (building 118) has officially begun. During this project (expected to last 3-4 weeks), PSD will be operating in a construction-type environment with many disruptions to service, access, parking, etc. At this time, PSD does not expect any impact to working hours, but does expect mini-

mal impact to service provided. Further, with any great plan of action there are always opportunities for the unexpected. PSD regrets the inconvenience, however, the end result will afford more pleasant customer service experience and improve employee work environment. Thanks in advance for your patience and understanding.

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GULF COAST USO
3001 6th St., Building. 306
228-575-5224

Office hours: Monday-Friday, 8 a.m. - 5 p.m.
Saturday, 11 a.m. - 7 p.m.
(Closed Sundays)



Seabee Memorial Chapel

Services:

Gospel: 8 a.m.

Sunday Catholic Mass: 9 a.m.

Daily Mass: Monday-Friday, 11:15 a.m.

Protestant Service: Sunday, 10:30 a.m.

Protestant Sunday School, 9 a.m.

Center Chaplains:

Lt. Cmdr. Michael Brown,

Protestant Chaplain

Lt. Yoon Choi

Protestant Chaplain

**For information concerning other faith groups,
call the chapel office at (228) 871-2454**